

Connecticut, U.S.A., State Dept. of Health.

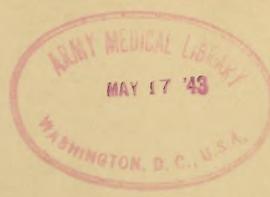
MAY DAY  
CHILD HEALTH DAY - 1943



The End of a Perfect Day

*“The Health of the Child is the Power of the Nation”*

Connecticut State Department of Health



Box 1284

Every nation will be born to take probably more than during any of the last century. The health of these infants and of all children of the new generation should be of interest to all, for on these children will depend the carrying on the work of a peaceful world.

### THE PERFECT DAY

Begins the morning with a smile,  
Then breakfast, bath, and nap  
A while - -  
Fresh air and sun, and fed again,  
An afternoon as right as rain,  
Supper, a kiss,\* and  
Tucked away  
in bed  
to end  
The Perfect Day.

Investigation and medical consultation and reporting should before the year close be made of these diseases.

\*Not on the mouth.

Medical and dental consultation at regular intervals will uncover defects, and treatment may be started before they become so serious that they cannot be remedied. Many disfiguring conditions may be corrected if recognized early.

Many babies will be born in 1943 - probably more than during any of the last twenty years. The health of these infants and of all children of the new generation should be of interest to all, for on these children will fall the burden of carrying on the work of a peaceful world.

If an army for the future were to be developed, the health of the entire younger generation would be the main concern. In a peacetime world their health should be no less important. We can help to safeguard and improve the health of children by impressing their parents with the importance of general principles of child health.

An adequate diet which will provide the best possible growth and development is one of the first principles. Plenty of sleep, sunlight, clean clothes and an opportunity to play are some of the things to which every child is entitled.

Immunization against smallpox, diphtheria and whooping cough before one year of age should prevent these diseases.

Medical and dental examinations at regular intervals will uncover defects, and treatment can be started before they become so serious that they cannot be remedied. Many handicapping conditions may be corrected if recognized early.

## FOOD

Food is the baby's first interest in life, and for some time is his main interest. Much of his future health and development depends on the diet he receives in his first few years.

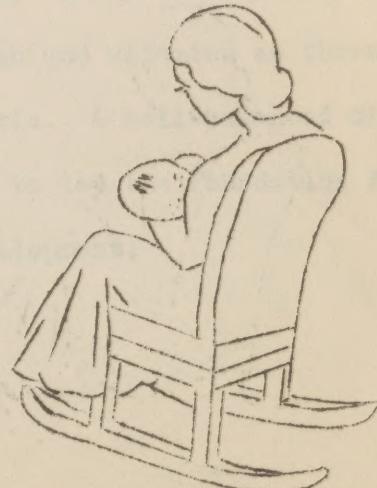
At first the baby lives on milk;  
It is his entire diet -  
First breast or bottle, then the cup -  
He always will require it.

Milk is the infant's basic food. Many babies are now fed on cow's milk, and special care must be taken to make sure that this milk is safe. To ensure its safety, all milk used for infant feeding should be pasteurized; but care does not stop with pasteurization when a baby is to drink the milk. The mother must prepare a formula, boiling the milk and water used, sterilizing all bottles and utensils, and storing the prepared bottles of formula in the refrigerator. If canned milk is used, the preparation and storage of the formula will be the mother's main concern as the milk itself is sterile before the can is opened.



Nature's food is still the best;  
Feed the baby at the breast,  
Always warm and clean and sweet,  
Ready when it's time to eat,  
Needs no icebox, saves the purse,  
Wash the breast and let him nurse.

Mother holds him in her arm,  
Makes him feel secure and warm.  
Then she holds him on her shoulder,  
Pats his back; he bubbles over,  
Sleeps again, sweet disposition -  
Sleep will foster good nutrition.



By one month give him orange juice  
To furnish vitamin C;  
Cod liver oil or percomorph  
Will give him vitamin D.



At three months give him cereals  
For iron and vitamin B,  
And at four months add vegetables  
For vitamin A, you see.



From five or six months to a year  
His menu varies widely;  
Eggs and fruits and meats appear,  
With fish most every Friday.



At first the food is finely strained  
Then chopped a little coarser,  
Till at a year to Dad's delight  
He's eating everything in sight.



Improvement in the infant's diet has practically  
eliminated many of the illnesses that were formerly seen.  
Orange juice and tomato juice -- babies have no more scurvy.  
Rickets, even in northern climates where sunlight provides  
only a small amount of the necessary vitamin D, has become  
almost a rarity since infants now commonly receive cod  
liver oil or a fish oil concentrate. Early addition of  
cereals and vegetables provides iron and vitamins so there  
is less chance of his becoming anemic. A well-balanced diet  
with all the food essentials helps to lay the foundation for  
the infant's future growth and development.

## SLEEP

Perfect nourisher of life  
Peaceful gentle slumber.  
See the tiny infant sleep  
Hours without number.

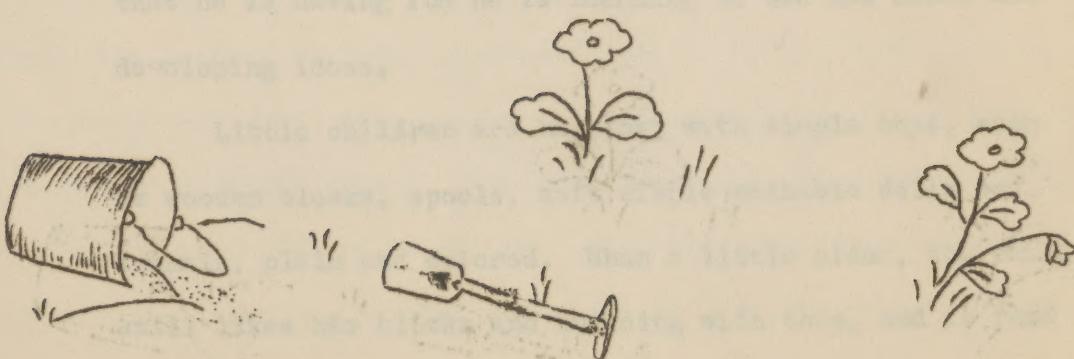
As he grows in months and years  
Waking time grows longer;  
These hours of rest will build reserves  
Of health as he grows stronger.

## SLEEPING TIME

Birth to one year	- Fifteen to twenty hours
One to two years	- Fourteen to seventeen hours
Two to three years	- Thirteen to sixteen hours
Three to five years	- Twelve to fifteen hours
Five to six years	- Eleven hours at night and one-hour nap

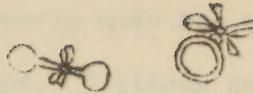
## SUNSHINE

Any farmer can tell you  
It's sunshine that makes things grow  
Straight and sturdy. It's well to  
Give children a little hoe  
Or pail and shovel and put them out  
In the sunshine to dig and play and shout.



PLAY

The infant likes his rattle  
Which he shakes and bangs and drums.  
He also likes a solid ring  
To soothe his teething gums.



At two or three he'll start to pound  
And need a toy to push around.  
Then balls and blocks to roll and fix,  
He'll play with these until he's six.

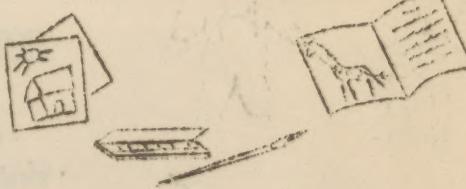
He also wants a cuddly doll  
Or dog or any animal.  
A book whose pages will not tear,  
With pictures of a cat and bear.



From three to six what he wants most  
Are wagons, go-carts, trucks and boats.  
She wants such household articles  
As dishes, mops and tea kettles,



Tools and books and lots of games,  
Boxing gloves and electric trains,  
Paints and crayons, scissors, too,  
And moulding clay to make a zoo.



Play, next to eating and sleeping, is the most important part of a child's life. He learns mainly by playing, and so he will get as much as possible out of playing, toys should be chosen carefully. Toys with which the child can do things are the best. At the same time that he is having fun he is learning to use his hands and developing ideas.

Little children are happiest with simple toys, such as wooden blocks, spools, soft simple washable dolls and animals, plain and colored. When a little older, the child still likes his blocks and building with them, and is fond of toys that can be pulled around with him, such as a "train" of pieces of wood hitched together and drawn by a string.

A sandpile provides interest for a child for several years. Finger painting and crayon coloring on large pieces of paper are entertaining and help develop creative ability.

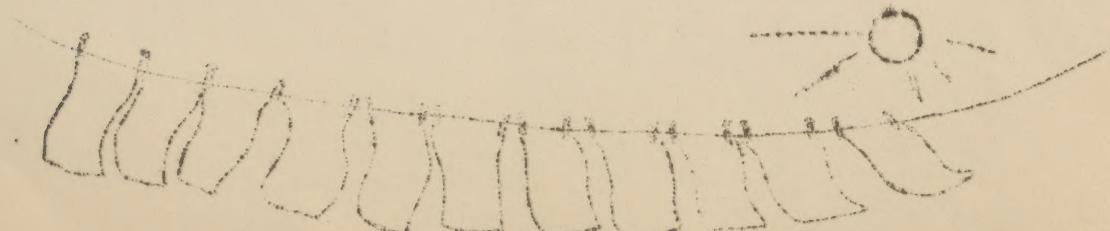
Many of the materials from which toys were formerly made are now used exclusively in the war, and substitutes must be found. Children can be encouraged to make or help make their own playthings, using materials that are available. No matter how simple or crude the toy appears, if it represents something to the child, it is serving its purpose. A plain stick of wood easily becomes a gun to a small boy, and a large cardboard box with one side open makes a fine doll house. Pieces of wood, cardboard or wooden boxes, empty spools and a miscellaneous assortment of nails, string, etc., will provide plenty of toys for an imaginative child with the help of an adult on some of the details.

#### HIS MOST IMPORTANT GARMENT

Sing a song of diapers  
And wash them every one  
In gentle soap suds; rinse  
And boil; and hang them in the sun.

What's a baby? A hungry mouth at one end and at the other - diapers! Life seems just one round of diaper washing after another to the new mother. A little system and a simple routine method for care of baby's most important garment will save time and make care much more pleasant.

Changing the baby and cleaning him just as soon as he is wet helps prevent skin irritation. Soiled diapers can be rinsed immediately and placed in a covered pail until they can be washed. Washing should be thorough in hot water and with mild soap. Then they should be rinsed in three or four waters and hung out to dry in the sun. Boiling after washing is a good extra precaution and may be done each time or after every other washing.



## PROTECTION FROM DISEASE

Smallpox and diphtheria  
Made living so much drearier  
Before the doctors got around  
To using vaccine, and then found  
Serum to keep young John and Mary  
In school instead of the cemetery.

Protection against smallpox, diphtheria and whooping cough is the right of every child. He should start his whooping cough injections by six months of age. By nine months the first of the diphtheria injections should be given, and he should be immune to diphtheria as shown by a negative Schick test six months after the last injection. Vaccination against smallpox may be done anytime between three months of age and a year. It is not necessary or advisable to wait until the child is ready to enter school to have him vaccinated.

Other diseases against which children may be immunized are tetanus, scarlet fever, and typhoid and paratyphoid fever.

In these days when there is so much movement of population, it is well to have your children immunized against as many diseases as possible.



## PRESCHOOL MEDICAL EXAMINATIONS

The Well Child Conference is a means  
Of introducing vitamins  
To mothers who, while well-intentioned  
Have never heard such items mentioned.  
The newborn human baby is  
A marvel of perfection,  
But year by year defects appear  
Which lead to draft rejection.  
The heart, the lungs, the eyes and glands,  
The nose and throat and how he stands  
And don't forget to test his ears  
For normal drums and how he hears.  
Is he always happy or does he cry?  
Does he sleep enough and if not, why?  
Such health inspections we advise  
And at three months to immunize  
"Gainst whooping cough; to vaccinate  
At six months and at nine or eight  
Give toxoid shots for his protection  
From diphth. and tetanus infection.

The chief aim of the Well Child Conference is to find physical defects in children before they have become seriously handicapping. When defects are found early, it is usually possible to correct them.

For a stronger and healthier new generation, we should endeavor to find and correct all defects now.



## TEETH

Baby teeth, baby teeth,  
Twenty shiny baby teeth,  
Brush them and fill every hole that appears  
So Johnny can use them from six to ten years.

Care of a baby's teeth starts long before they appear.

Although it is not known definitely all the reasons for good teeth, one of the important factors is the diet of the mother while she is carrying the baby. She should have food containing plenty of vitamins and minerals. Milk and fish liver oil are essential parts of her diet to help make the baby's bones strong and teeth sound. The permanent teeth start to develop before birth and during the first year although it is years before they come through.

After the baby is born, it will be some months before any teeth appear. The first ones may erupt anytime after the sixth month. Careful attention to the baby's diet such as seeing that he has plenty of milk, fish liver oil, fruits and vegetables will help form good teeth.

The care of the first or baby teeth is important. They must be kept in good condition to maintain the shape of the jaw so the permanent teeth will have enough room. The small child needs his first teeth to chew his food; therefore the milk or baby teeth should not be neglected because they will be replaced.

## CRIPPLED CHILDREN

Careful observation  
Of the infant from the start  
Will help to find deformities  
Of feet and hand and heart.

Flat feet and scoliosis  
Bow legs and knocking knees  
Wry neck, equino varus  
Treat early, things like these.

The importance of adequate medical supervision during infancy and childhood is not mere talk, nor is it health propaganda without basis of fact continuously to urge this health measure.

In the first place, this health supervision will not only aid in preventing illness but will promote the optimal health level obtainable in the child. Secondly, early discovery of a physical defect will result in early treatment. More than three-quarters of crippling conditions have their onset during the first five years of life. Most of these are amenable to treatment, many can be cured, others improved. But the important point to remember is that if good results are desired, treatment must be started as soon as the defect is recognized and continued without interruption until no further treatment is needed.

